

Partnering to Cultivate Healthy Eating Fanatics

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INTRODUCTION

Statistics indicate a need for Extension programs to promote healthy eating behaviors in Brown County.

- Ranks 69th in both health outcomes and health factors. [2]
- Has high levels of adult and child obesity. [2, 9]
- Is below recommended levels for fruit and vegetable consumption. [1]

Researchers and practitioners recommend using engaging and interactive techniques, including hands-on experience with food, to teach about healthy eating behaviors. [3, 5]

Participants in cooking classes:

- increased children's consumption of fruits, vegetables, and dietary fiber;
- demonstrated a greater willingness to try new foods, and
- developed increased confidence in the ability to prepare foods. [6, 8]

Nutrition knowledge and skills related to healthy eating have been linked with making better food choices and promoting dietary change. [4, 10] Furthermore, people who prepare their own food are more likely to meet dietary recommendations. [7] However, there is an increase in meals consumed away from home and a decline in cooking skills. [10]

PROGRAM DESCRIPTION

C.H.E.F., or Cultivating Healthy Eating Fanatics, was a food and nutrition day camp piloted in Brown County in 2017. The group was divided into teams, with the task of preparing a day's menu following MyPlate guidelines. The teams shopped for and cooked a meal for 4 on a budget of \$15.

The objectives were for participants to:

1. Learn proper safe food handling and preparation.
2. Plan a daily menu following MyPlate guidelines.
3. Create a budget for a meal.
4. Properly set a table.
5. Plan, budget, shop for, prepare, and serve a meal.
6. Become aware of the Ohio 4-H Food and Nutrition project offerings and the requirements to complete the project through county and state judging.

C.H.E.F. aligns with the national 4-H mission mandate of Healthy Living and also the OSU Extension's Impact Area of Health and Wellness.

PARTNERS

- Eastern Brown High School
- Southern Hills Career Tech Center
- Kroger – Mt. Orab

KEY MATERIALS

Materials were purchased to equip 5 kitchens. Key materials purchased were:

- Cookware (2 skillets, 2 pots with lids), bakeware, mixing bowls
- Kitchen utensil set, plus rolling pin, wooden spoons, can opener, peeler, wet/dry measuring cups & spoons, timers
- Knife set, cutting boards, food choppers, graters, meat thermometer
- Plates, flatware, glasses, placemats, cloth napkins
- Shared items: Stand mixer, hand mixers, toaster oven, microwave, food processor, hot plate, blender
- Pantry: Seasonings (e.g., salt & pepper) and related items typically found in a home kitchen (e.g., flour, sugar, oil, baking soda)

CONSIDERATIONS FOR REPLICATION

- **Location:** Need an open space for fitness activity, kitchen area or space to set-up a temporary kitchen, and refrigeration.
- **Materials:** Kitchen materials needed are dependent on location; partnering with a school with a Foods Lab can limit supplies needed.
- **Grocery Store:** Communicate with grocery store early to discuss the trip; this helps to prepare employees, schedule time to meet with someone, and get approval to take pictures.
- **Supplies:** Decide if you want to limit menu options. This can help determine materials and pantry items needed and can help direct the shopping trip.
- **Volunteers:** It is useful to have volunteers to assist with teachable moments during meal planning, grocery shopping, and cooking.

EVALUATION

Table 1 displays the evaluation results for C.H.E. F.

Table 1: Evaluation Results	
As a result of this program...	Strongly Agree + Agree
I learned how to properly handle food to prevent cross contamination.	100%
I learned the foods I should eat every day, what makes up a balanced diet, why it is important to eat a healthy diet, and how to make healthy choices.	94%
I thought the shopping trip to Kroger was useful.	94%
I feel confident in my ability to shop for healthy foods on a budget.	94%
I feel confident in my ability to turn raw ingredients into a balanced meal.	94%
I learned what food and nutrition projects are available.	88%
I learned how to budget for a meal.	88%
I learned how to plan a menu following MyPlate guidelines.	88%
I learned how to properly set a table.	81%

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1. Reviewing menu options during planning stage
2. Older teens discussing 4-H Foods Projects
3. Reviewing labels in the grocery store
4. Meal preparation
5. Final team plating of meal

